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# Weekly Bulletin



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GUY P. JONES  
EDITOR

## Danger in Home Canned Fruits and Vegetables.

### RADIO TALK No. 9.

Mother's home canned fruits and vegetables, if heated sufficiently in the process of canning, are safe for her family to eat. If not subjected to intense heat, however, home canned fruits and vegetables may cause a severe and generally fatal form of food poisoning. The ordinary cold pack method of home canning, which is generally used, is extremely dangerous, unless the contents are boiled for at least fifteen minutes just before serving, with the exception of spinach and corn, which must be boiled for thirty minutes. As a matter of fact fruits and vegetables must be cooked under steam pressure in order to make them absolutely safe. This advice is not given for the purpose of discouraging the home canning of fruits and vegetables but rather for the purpose of informing the public of the facts relative to the many severe outbreaks of food poisoning in Western states caused by eating home canned products.

The chief danger lies in botulism, a poisoning which is produced in the growth of the *bacillus botulinus*, an organism that produces spores and grows in the absence of oxygen and is therefore very difficult to kill by ordinary methods of heating. When the spores have not been completely killed in the canning process, they proceed to grow under the favorable conditions which

they find in the interior of the jars used in canning fruits or vegetables.

Corn and spinach must be boiled thirty minutes before serving, because of the fact that these vegetables settle into a compact mass in the jars, requiring a longer period of time for heat to penetrate to the center of the contents. The *bacillus botulinus* finds favorable conditions for growth in the core of jars of such vegetables that have not been heated sufficiently in the canning process. In boiling home canned products, before serving, plenty of water should be used and boiling should continue, actively, during the time periods specified.

During recent years there have been 129 outbreaks of this severe disease, causing 435 cases of illness with 290 deaths, most of which were traced to the use of home canned fruits or vegetables. Among the canned products that caused these outbreaks are asparagus, spinach, beans, corn, peas, apricots and pears. The organism may grow in other fruits and vegetables as well. No chances should be taken with any canned fruit or vegetable that shows any sign of fermentation or other spoilage.

If the fact is borne in mind that the poisoning is not due to the organisms, themselves, but to a poison that is produced in their process of growth and that the poison is easily killed by boiling the canned products sufficiently before serving, there will be no need for discontinuing the practice of home canning. The facts to remember with regard to home canning of fruits and vegetables are:

1. Products cooked under steam pressure are safe for use.

2. Products canned by any other method are safe to use if thoroughly boiled for fifteen minutes before serving, except corn and spinach, which should be boiled for at least thirty minutes.

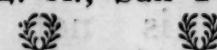
3. Never taste any canned fruits or vegetables that show signs of spoilage. Merely tasting a single bean pod in a jar of home canned beans has caused death.



### Certificates Issued To Laboratories.

The following laboratories have been given certificates of approval for public health laboratory service by the California State Board of Health. These certificates have been issued, following inspection by the State Hygienic Laboratory and each certificate specifies the types of work for which each laboratory is qualified.

Alameda City Health Department.  
Alameda County Health Center, Oakland.  
Bettin, Dr. M. E., Los Angeles.  
Berkeley City Health Department.  
Brem & Zeiler, Los Angeles.  
Children's Hospital, San Francisco.  
Eureka City Health Department.  
Glendale City Health Department.  
Holliger, Dr. Chas. D., Stockton.  
Hewitt Laboratory, Bakersfield.  
Kern County Health Department.  
Lippman & Sugarman, San Francisco.  
Los Angeles City Health Department.  
Los Angeles County Health Department:  
Main Laboratory.  
Whittier.  
Pomona.  
Alhambra.  
Monrovia.  
Redondo.  
Little, Mabel, Oakland.  
Long Beach City Health Department.  
Martell, Dr. Bessie S., Santa Ana.  
Moore-White Clinic, Los Angeles.  
Oakland City Health Department.  
Oliver & Knapp, San Francisco.  
Orange County Health Department.  
Pierson, Ruth, San Francisco.  
Pacific Wassermann Laboratory, Los Angeles.  
Pacific Wassermann Laboratory, San Francisco.  
Pasadena City Health Department.  
Santa Barbara City Health Department.  
Santa Barbara Cottage Hospital.  
Sacramento City Health Department.  
Snyder, Dr. J. R., Sacramento.  
San Francisco Health Department.  
Sutter Hospital, Sacramento.  
San Joaquin Health District, Stockton.  
Stanford Hospital, San Francisco.  
Victors, Dr. E. A., San Francisco.



### Breaking Quarantine Costs Real Money.

Two individuals residing in Orange County were quarantined for smallpox. They left the county hospital before official release and were arrested for violation of the quarantine regulations. Both pleaded guilty and were given their choice of paying \$100 fine or spending 100 days in jail. They paid.

### Forty-seven Public Health Nurses Pass State Examination.

The following passed the examination for public health nurses, given by the California State Board of Health on May 10th, and have been given certificates as public health nurses:

Adsit, Elizabeth, Berkeley, Cal.  
Allen, Ethel Nowlan, San Diego, Cal.  
Bagley, Olive C., San Francisco, Cal.  
Bennett, Janet Wittich, Los Angeles, Cal.  
Berge, Maria Pia, Colusa, Cal.  
Beveridge, Elizabeth, Berkeley, Cal.  
Biggs, Ida H., Williams, Ariz.  
Bowle, L. Maude, Sonora, Cal.  
Brooks, Ida L., Berkeley, Cal.  
Burnham, Clara W., Berkeley, Cal.  
Carneiro, Eugenie, Berkeley, Cal.  
Casserly, Mary Edna, Berkeley, Cal.  
Chesbro, Muriel M., San Jose, Cal.  
Clancy, Leona L., Stockton, Cal.  
Cressman, Elsie, Los Angeles, Cal.  
Edwards, Katherine, Whittier, Cal.  
Fahlberg, Anne K., Los Angeles, Cal.  
Fink, Martha Dreisbach, Los Angeles, Cal.  
Flagg, Claribel Marion, Maywood, Cal.  
Fuller, Katherine E., Berkeley, Cal.  
Gibson, May, Los Angeles, Cal.  
Gilcrest, Evelyn Weston, Berkeley, Cal.  
Granger, Harriet B., Taft, Cal.  
Hines, Elizabeth Bannan, Los Angeles, Cal.  
Keenan, Lucy, Berkeley, Cal.  
Lane, Elizabeth Adele, San Francisco, Cal.  
McGrail, Rosetta, Santa Cruz, Cal.  
McIntosh, Mildred, Berkeley, Cal.  
Madeley, Edith, Sacramento, Cal.  
Marcy, Sadie, Los Angeles, Cal.  
Miller, Bessie B., Ontario, Cal.  
Murray, Ethel Frances, Crescent City, Cal.  
Palmgren, Helen, Brawley, Cal.  
Rodgers, Grace, Los Angeles, Cal.  
Ruel, Frances H., South Pasadena, Cal.  
Service, Jane, San Francisco, Cal.  
Siemens, Elfrieda Edna, Fresno, Cal.  
Smith, Jessie I., Los Angeles, Cal.  
Taylor, Clara, Los Angeles, Cal.  
Tomlinson, Ella, Whittier, Cal.  
Tuttle, Clara May, Piedmont, Cal.  
Walker, Ann Esther, San Francisco, Cal.  
Walker, Eliza A., Berkeley, Cal.  
Wellenseik, Alvina M., Lincoln, Neb.  
Westendorf, Eleanor, Berkeley, Cal.  
Wilson, Marjorie Viola, Berkeley, Cal.



### Six Smallpox Deaths in April.

There were six deaths from smallpox in California during the month of April. Two of these deaths were in four-year old children and one aged nine years. The others were eighteen, nineteen and forty-eight years of age. Two of these deaths were in Los Angeles county and four were in San Bernardino county. There were 1746 cases of smallpox reported in California during the month of April.



There should be no more thence an infant of days, nor an old man that hath not filled his days; for the child shall die an hundred years old.—Isaiah LXV:20.

## How To Revive The Apparently Drowned.

Many persons, every summer, lose their lives through drowning. Many of the apparently drowned could be resuscitated by application, promptly and thoroughly, of the Schafer or prone pressure method of resuscitation. Comparatively few people know of this simple and easily applied method. It requires practically no exertion, as the weight of the operator's body produces the desired effect, and the swinging forward and backward of the body some thirteen times to the minute, for as long a period as required, is not fatiguing and can be accomplished by one person.

Following are the rules for application of the Schafer method. Every vacationist at a water resort should memorize these rules:

Rule No. 1.—Lose no time in recovering the body from the water. Always try to restore life, for while ten minutes under water is usually the limit, yet persons have been resuscitated after having been under water for as long as thirty or forty minutes.

Begin operations immediately after the body has been taken out of the water. Do not lose any time in removing to a sheltered place, but operate on the brink of the water, immediately.

Rule No. 2.—Lay the person face downward, with the stomach resting on a roll of clothing or a small log with your own coat or some garment placed over it so that the head will be a little lower than the rest of the body, and so that the water will run out from the throat and stomach as well as any that may possibly have gained access to the lungs. Wipe dry the mouth and nostrils. Wrap the corner of a handkerchief about the forefinger and clear the mouth of all mucus and slimy substance, right back as far as can be reached. Rip open the clothing on the chest and keep the face exposed to the air by turning a little to the side. Separate the jaws and keep them apart with a cork or a knot tied in a handkerchief, or some other piece of clothing, or a piece of stick with a cloth around it. All this should be discharged within a few seconds.

Rule No. 3.—Remove the roll of clothing, or whatever else may have been used, from under the stomach, and kneel at the side or astride the patient's hips. Place your hands over the lower ribs. Lean forward and let your weight come down directly over the lower ribs. Exert this pressure for three seconds. To count three seconds say, "One thousand and one, one thousand and two, one thousand and three."

Rule No. 4.—Do not remove the hands from the ribs, but release the pressure from the ribs for two seconds by merely sitting back on your heels. To count two seconds, as in counting the three seconds, count, "One thousand and one, one thousand and two."

Rule No. 5.—Again exert pressure straight over the lowest rib for three seconds as described in Rule 3, and then again release pressure for two seconds as described in Rule 4.

Alternate this three-second pressure and two-second pressure about twelve times to the minute until natural breathing is restored.

It must be apparent that this method of resuscitation at once expels the water and pro-

duces the identical results of normal breathing.

Rule No. 6.—If another person is present to assist, let him do everything possible. Camphor or ammonia may be applied to the nostrils, but in the event of using ammonia it is well to test it at a reasonable distance from your own nose so as to serve as a guide as to the distance to hold it from the patient.

Rule No. 7.—Do not give up too soon. This is extremely important, inasmuch as it is not always appreciated. Any time within two hours, or even three or four hours, you may be on the point of reviving the patient without there being any previous sign of it.

Send for a physician as soon as possible after the accident. Prevent friends from crowding around the patient and thereby excluding the fresh air.

As soon as natural breathing is restored, remove the patient to a warm bed, where there is a free circulation of air; administer in small doses, stimulants such as hot coffee or hot milk, as soon as the patient can swallow. There is great danger that the patient may contract congestion of the lungs and every precaution should be taken therefore to prevent such a complication.

## This Death Might Not Have Occurred.

The State Board of Health makes a practice of securing all possible information concerning every death from diphtheria and has found that most such deaths are due to failure to call a physician early, failure to administer antitoxin soon enough or failure to make use of any treatment at all. In reply to an inquiry concerning the death of a child from diphtheria, a physician writes as follows:

"When I saw this child it was dying in its mother's arms. When I inquired about treatment the child had received the mother said that she was a Christian Scientist and that she was treating it. There was nothing that I could do, the child died in an hour or so after I left. My reason for signing the death certificate was to oblige the coroner and I signed, giving the cause of death as 'Christian Science and Diphtheria'."

## Detroit Quarantines Portion of City.

According to news dispatches, the Detroit health department has established a quarantine area covering fifteen city blocks, because of the unprecedented smallpox situation existing in that city. No one is allowed to enter or leave the quarantine area unless he has been successfully vaccinated. Street cars are permitted to pass through the district but are not allowed to make any stops.

Our national health is physically our greatest asset. To prevent any possible deterioration of the American stock should be a national ambition.—Roosevelt.

## MORBIDITY.\*

## Diphtheria.

156 cases of diphtheria have been reported, as follows: San Francisco 31, Oakland 24, Los Angeles County 14, Red Bluff 5, Fresno 5, Sacramento 10, Berkeley 5, Santa Clara County 6, San Bernardino County 1, Long Beach 3, Pasadena 2, Butte County 2, Turlock 4, Fresno County 2, Monterey County 1, Riverside 1, Orange County 2, Solano County 1, San Leandro 1, Santa Monica 2, Ukiah 1, Mendocino County 1, Alameda 4, Hayward 1, Piedmont 1, Oxnard 1, El Segundo 1, Redlands 2, Yuba City 1, Alhambra 2, Sonoma County 1, Woodland 1, San Bernardino 1, Stockton 1, Huntington Park 1, Santa Barbara 4, El Monte 3, Pittsburg 1, Vallejo 1, San Jose 3, San Luis Obispo 1, Ventura 1.

## Scarlet Fever.

65 cases of scarlet fever have been reported, as follows: San Francisco 18, Oakland 8, Fresno 3, Pasadena 1, Stockton 1, Compton 2, Hawthorne 1, Pomona 1, National City 2, Mendocino County 1, Santa Ana 1, Napa 2, Sutter County 1, Long Beach 1, Fresno County 3, Monterey County 1, Visalia 4, Vallejo 1, Fowler 1, Sanger 2, San Mateo County 2, Colma 1, Orange County 2, Anaheim 1, Sanger 2, San Bernardino County 1, Santa Clara County 1.

## Measles.

347 cases of measles have been reported, as follows: Pasadena 66, Los Angeles County 80, Long Beach 23, Whittier 16, San Francisco 7, Orange County 6, Culver City 9, Corona 7, San Bernardino 5, Berkeley 5, Hawthorne 5, Redondo 9, Huntington Park 5, Monrovia 5, Stockton 6, Red Bluff 4, Sacramento 6, Vallejo 5, Oakland 15, Santa Clara County 1, Tehama County 3, Compton

4, Hermosa 3, Tracy 3, Manteca 1, San Joaquin County 1, Chico 4, Davis 1, Dinuba 2, Santa Monica 2, Lompoc 1, Santa Barbara 1, El Segundo 2, Alhambra 2, Watsonville 1, Fresno County 4, Sutter County 3, Fresno 2, Palo Alto 1, Tulare County 1, Riverside 3, Sonoma County 3, Glendale 1, Rialto 3, San Bernardino County 1, Reedley 2, Colton 2, Santa Rosa 1, Calaveras County 1, Anaheim 2, San Jose 1.

## Smallpox.

61 cases of smallpox have been reported, as follows: Long Beach 9, Corona 5, Santa Monica 5, Lassen County 12, San Francisco 1, Taft 2, Fresno County 2, Burbank 3, San Bernardino 3, Pasadena 1, Selma 3, Hermosa 3, Huntington Park 1, Hawthorne 1, Pomona 1, Fresno 2, Sonoma County 1, Los Angeles County 1, San Bernardino County 3, Rialto 1, Selma 1.

## Typhoid Fever.

14 cases of typhoid fever have been reported, as follows: Imperial County 1, San Joaquin County 1, Los Angeles County 1, Mendocino County 1, Hayward 1, Tulare County 2, Pinole 1, Orange County 1, Long Beach 1, Santa Ana 1, Sacramento County 2, Siskiyou County 1.

## Whooping Cough.

23 cases of whooping cough have been reported, as follows: Fresno 3, Long Beach 4, Pasadena 4, San Francisco 2, Los Angeles County 3, San Gabriel 1, Stockton 3, Santa Ana 1, Hayward 1, Visalia 1.

## Epidemic Encephalitis.

San Francisco reported one case of epidemic encephalitis.

\*From reports received on June 16th and 17th for the week ending June 14th.

## COMMUNICABLE DISEASE REPORTS.

| DISEASES                     | 1924        |        |        |   | 1923        |        |        | Reports for week ending June 16 received by June 19 |  |
|------------------------------|-------------|--------|--------|---|-------------|--------|--------|---|--|
|                              | Week ending |        |        | Reports for week ending June 14 received by June 17 | Week ending |        |        |   |  |
|                              | May 24      | May 31 | June 7 |   | May 26      | June 2 | June 9 |   |  |
| Anthrax-----                 | 0           | 0      | 0      | 0   | 0           | 0      | 0      | 0   |  |
| Cerebrospinal Meningitis     | 2           | 1      | 5      | 0   | 0           | 0      | 2      | 2   |  |
| Chickenpox-----              | 288         | 303    | 274    | 210   | 251         | 184    | 218    | 140   |  |
| Diphtheria-----              | 254         | 251    | 224    | 156   | 167         | 135    | 124    | 127   |  |
| Dysentery (Bacillary)-----   | 2           | 0      | 7      | 1   | 2           | 5      | 4      | 4   |  |
| Epidemic Encephalitis-----   | 1           | 4      | 4      | 1   | 2           | 4      | 2      | 1   |  |
| Epidemic Jaundice-----       | 0           | 0      | 0      | 0   | 0           | 0      | 0      | 0   |  |
| Gonorrhoea-----              | 82          | 86     | 131    | 48  | 82          | 118    | 85     | 108   |  |
| Influenza-----               | 23          | 14     | 17     | 5   | 32          | 24     | 20     | 12  |  |
| Leprosy-----                 | 0           | 0      | 1      | 0   | 1           | 0      | 2      | 0   |  |
| Malaria-----                 | 4           | 8      | 11     | 4   | 3           | 2      | 2      | 1   |  |
| Measles-----                 | 891         | 603    | 662    | 347   | 1084        | 992    | 1138   | 843   |  |
| Mumps-----                   | 107         | 82     | 57     | 65  | 35          | 30     | 32     | 23  |  |
| Pneumonia-----               | 42          | 29     | 103    | 25  | 49          | 67     | 78     | 39  |  |
| Poliomyelitis-----           | 0           | 0      | 1      | 0   | 1           | 4      | 0      | 2   |  |
| Rocky Mt. Spotted Fever----- | 0           | 0      | 0      | 0   | 0           | 0      | 0      | 0   |  |
| Scarlet Fever-----           | 157         | 174    | 168    | 65  | 168         | 161    | 154    | 121   |  |
| Smallpox-----                | 224         | 184    | 184    | 61  | 30          | 22     | 32     | 23  |  |
| Syphilis-----                | 78          | 108    | 157    | 40  | 85          | 55     | 67     | 141   |  |
| Tuberculosis-----            | 252         | 157    | 205    | 128   | 182         | 92     | 172    | 127   |  |
| Typhoid Fever-----           | 10          | 16     | 27     | 14  | 10          | 6      | 25     | 8   |  |
| Typhus Fever-----            | 0           | 0      | 0      | 0   | 0           | 0      | 0      | 0   |  |
| Whooping Cough-----          | 51          | 43     | 43     | 23  | 167         | 141    | 148    | 108   |  |
| Totals-----                  | 2468        | 2063   | 2281   | 1193  | 2351        | 2042   | 2205   | 1830  |  |